



Physical Performance Test Battery

- All applicants **must** present the medical release form signed by a physician at the time of physical performance testing.
- The physical performance test battery consists of five exercise test events, immediately preceded by a warm-up session with rest periods to ensure the safety of the applicant.
- The physical performance test battery is designed to measure the cumulative effect on each applicant. Therefore, a failure on any one of the test events constitutes a failure of the entire test battery and will exclude the applicant from further processing.
- The Physical performance test battery and standards are detailed below along with a general explanation of each test event protocol:

Vertical Jump	15.5 inches
Sit ups	30 repetitions in one minute
300 meter run	66 seconds
Push-ups	25 repetitions
1.5 mile run	15 minutes, 54 seconds

1. **Vertical Jump:** This is a measure of lower body explosive strength. This is an important part of any physical exertion scenario. Example: Vaulting or jumping during a pursuit.

The applicant stands directly under the horizontally aligned blades of the Vertex Vertical Jump tester. The applicant's base line reach mark is established. From this mark the applicant must reach the standard mark 15.5 inches above this base line. The vertical jump may be performed in one of two ways. The applicant may take a position with both feet squarely beneath them, bending down, and jumping straight up. The other method allows the applicant to keep one foot stationary, with the opposite foot step back or to the side, then stepping back to a square position, and jumping straight up. With either method, the applicant must reach up with one hand and touch the machines blade set to the standard mark. The applicant has three valid attempts to reach the standard mark.





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- 2. Sit ups:** This is a test of the muscular endurance of the trunk including abdominal muscles and hip flexors. This is an important factor in a use of force scenario and minimizing lower back problems. Example: Gaining control of a suspect.

The applicant starts by lying on their back, knees bent at approximately 90 degrees, feet flat on the ground, and their hands behind the head with their fingers interlaced. Their feet will be held firmly in place. For a repetition to be counted the applicant must touch their knees with their elbows or break the plane of the knees with their elbows and then return to the lying position so that the shoulder blades touch the ground. During the exercise the applicant may not raise their hips or "kip" and they may only rest in the up position. **30 repetitions must be completed in 1 minute.**

- 3. 300 Meter run:** This is a measure of anaerobic power. This is an important factor in exerting short bursts of energy. Example: a foot pursuit.

The applicant must complete a 300 meter course in the required time of **66 seconds.**

- 4. Push-ups:** This is a measure of dynamic upper body strength. This is an important part of any physical exertion scenario. Example: Gaining physical control of a suspect.

The applicant starts in a kneeling position in order to set their hands, palms down on the ground, approximately shoulder width apart. The legs are then extended straight back with the feet together or up to 6" apart. The applicant flexes the arm at the elbow until the upper part of the arm becomes parallel to the ground. The applicant then returns to the up position with a straight or soft lock of the elbows. The applicant must remain in a straight plank position from their head to their heels. The applicant may only rest in the up position. No other part of the applicant's body may touch the ground during the test event or they fail.

There is no time limit to this test event to complete 25 repetitions.

- 5. 1.5 Mile run:** This is a measure of aerobic power or VO2 max. This is the foundation for almost all physical tasks. Example: Use of force incidents or administering CPR.

The applicant must complete the 1.5 mile course in or under **15 minutes, 54 seconds.** On a standard 440 yard track six laps must be completed. The applicant may not leave the running surface prior to successfully completing the course.





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